Ocimum sanctum

తెలుగు: తులసి | हिन्दी: तुलसी |

English: Holy Basil
Location: Herbal Garden

Scientific Classification

Kingdom	Plantae
Division	Angiosperms
Class	Eudicots
Order	Lamiales
Family	Lamiaceae (Mint family)
Genus	*Ocimum*
Species	*Ocimum sanctum L. (syn. Ocimum tenuiflorum)*

Brief Description

Ocimum sanctum, commonly known as **Tulasi**, is not just a medicinal plant in India; it's a sacred presence in every traditional household. Beyond its numerous therapeutic qualities, Tulasi is considered an embodiment of the goddess **Lakshmi**, symbolizing **purity, protection, and devotion**

Flowering period: November to February

Cultural Story

Tulasi holds deep spiritual significance in Indian tradition. According to **Hindu mythology**, Tulasi was the earthly form of **Vrinda**, a pious woman devoted to her demon husband Jalandhara. Her unwavering chastity gave him immense power. To end his tyranny, Lord Vishnu disguised himself as Jalandhara and broke her purity, leading to Jalandhara's defeat. Feeling betrayed, Vrinda cursed Vishnu and later sacrificed herself. From her ashes, the sacred **Tulasi plant** emerged.

Since then, Tulasi is worshipped as the **Goddess Lakshmi** and is ceremonially married to Vishnu during the **Tulasi Vivah** festival. A Tulasi plant is traditionally grown in the center of Indian homes for **spiritual protection and health.**

Two Main Medicinal Uses & Preparations

1. **Respiratory Relief (Cold, Cough, Asthma)**
2. **Benefits:**

- Natural decongestant

- Reduces bronchial inflammation
- Eases asthma, sinus infections, and colds

Preparation – Tulasi Kadha (Decoction):
Ingredients:

- 10–12 Tulasi leaves
- 1-inch crushed ginger
- 3–4 black peppercorns
- 1–2 cloves
- 2 cups water

Method:

1. Boil all ingredients until the water reduces to half
2. Strain and add honey (optional)
3. Drink warm

Dosage: 1–2 times daily during illness or cold weather

2. Stress & Anxiety Relief (Natural Adaptogen)

Benefits:

- Lowers cortisol (stress hormone)
- Promotes calmness and clarity
- Enhances overall mental well-being

Preparation – Tulasi Herbal Tea:
Ingredients:

- 5–10 Tulasi leaves (fresh or dried)
- 1 cup hot water
- Optional: honey or lemon

Method:

1. Steep Tulasi leaves in hot water for 5–10 minutes
2. Strain and sip warm

Dosage: 1–2 cups daily